Striding the wild — before it's too late
VANCOUVERING

talk about fresh solutions
save on foods
Check out this week's Fresh Solution, Grilled Scallops with Melon, Cucumber and Avocado Salsa, on pages 4 and 5.
Feeling inspired? Pop into a local Save-On-Foods store to pick up the ingredients in one easy stop.

Vancouver metro

OCTOBOT the world's first squishy robot metroSCIENCE

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Your essential daily news | WEEKEND, AUGUST 26-28, 2016 | High 25°C/Low 17°C Sunny!

I CHOO-CHOO-CHOOSE YOU

Couple ties the knot on SkyTrain three years after meeting on Canada Line

metroNEWS

Jeff and Nathaly Nairn's wedding on Thursday honoured how they met by chance on public transit three years ago. JENNIFER GAUTHIER/METRO

Sausage Party complaint filed

WORKPLACE ALLEGATIONS

Vancouver-based studio under fire from union

David P. Ball
Metro | Vancouver

Seth Rogen's R-rated animated film Sausage Party is almost certainly not safe for work.

But according to a complaint filed by Canada's largest private sector union, the $70-million-grossing blockbuster may have been "not fair for workers" either.

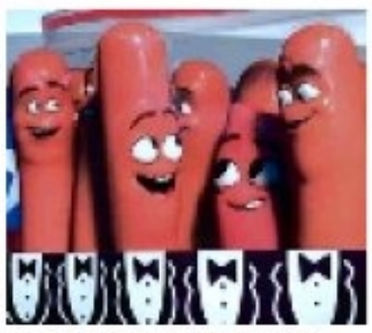
On Tuesday, a Unifor union organizer told Metro she filed a third-party complaint at the Employment Standards Branch against Nitrogen Studios over allegations that some animators were not paid for their overtime work for the Vancouver-based studio.

"Nitrogen wouldn't be the first time we've heard complaints of unpaid overtime," said Jennifer Moreau, vice-president of Unifor Local 2000, in a phone interview.

The allegations surfaced in Hollywood Reporter, which reviewed a letter signed by roughly 30 animators who worked on Sausage Party for Nitrogen. The letter alleged "unfair pressure tactics ... used against the team: intimidating staff into working past official studio hours, disciplinary measures utilizing fear tactics that demotivate and cause distress (such as threatening to terminate employment)."

Moreau had since heard from one of the animators, whom she said "corroborated most of" the allegations.

"These comments are not surprising given the nature of the industry in Vancouver," she added. "Most of these animators and visual effects workers are working on contract, they're not unionized, and they work long hours."



A scene from Seth Rogen's R-rated cartoon.
COLUMBIA, SONY PICTURES VIA AP

On Wednesday, a major film industry union joined the fray, reaching out online to Nitrogen contractors to offer support.

On its website, the International Alliance of Theatrical Stage Employees, Moving Picture Technicians, Artists and Allied Crafts (IATSE) said that the Nitrogen allegations "are just the latest in a long history of (visual effects) employees enduring a lack of basic workplace standards and conditions, including non-payment of wages."

Nitrogen studios would not be interviewed Thursday, but in an email to Metro the company's president, CEO and executive producer denied the allegations entirely.

"We have been monitoring the situation and take these allegations very seriously," wrote Nicole Stinn, also listed as line producer for Sausage Party. "Nitrogen Studios followed all employment regulations, so the claims are unfounded. Nitrogen also fulfilled all of its contractual obligations with its employees."

None of the allegations in the complaint letter could be independently verified by Metro. Moreau said she hoped more animators would consider coming forward.

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Gravesite map 'misleading'

NEW WESTMINSTER

Province had promised to fix injustice of school site

David P. Ball
Metro | Vancouver

Canadians for Reconciliation Society founder Bill Chu monitors archeologists at the school in this 2012 photo. COURTESY BILL CHU

Nearly three months after B.C.'s education minister vowed to "fix" a century-old injustice in New Westminster — the building over a Chinese, indigenous and Sikh cemetery — a critic is accusing the province of "doing the opposite."

On June 7, while announcing a $106.5-million investment to replace New Westminster Secondary School, Mike Bernier told reporters, "This school was built in the wrong place in 1949, and we're going to fix that."

Parents had been clamouring for a replacement to the aging and seismically unsafe high school for years, but the school's location atop a 19th-century graveyard stirred outrage amongst some Chinese and First Nations advocates.

Bill Chu, an advocate with Canadians for Reconciliation Society, recently discovered that the site map the B.C. government distributed to the Chinese-Canadian community as part of its Chinese Historical Wrongs effort incorrectly located the segregated section of the cemetery used by Chinese-Canadians, First Nations and other people of colour until 1920.

The official document places it in the northwest corner, which is protected by a cemetery designation. But earlier school district maps, archaeological research and radar ground scans reviewed by Metro suggested that non-white graves were actually in the southwest corner — a Heritage Conservation Area where development permits are allowed.

"Most people in my community have been given the wrong impression of where the Chinese cemetery actually is," Chu said. "The provincial government somehow switched the location of the two cemeteries — the white and the coloured cemeteries … How can the public have any confidence in this project going ahead?"

> They're just recreating exactly the same scenario as what happened in the 1940s. Wendy Harris

New Westminster's superintendent of schools, Pat Duncan, admitted there's been confusion about the contradictory maps. But he said the B.C. government's Chinese Historic Places Recognition Project document — which places the Chinese cemetery in the northwest corner of the lot, beneath the current school — is simply wrong.

"It's incorrect," Duncan told Metro in a phone interview. "I've informed the B.C. Archaeology Branch of the error. The accusation is the school district or (education) ministry purposely did this, but this is a document we've never had a part of."

Both the education and multiculturalism ministries directed Metro's interview requests to Duncan, who said that ground penetrating radar scans are underway in areas not already protected. When complete, he'll request pit hole sampling to ensure no development occurs over any graves — and that the cemetery site for people of colour will be marked and "memorialized."

"We commit we will not be building in the southwest corner," he said. "We're going to build in other areas … Obviously, the more land we have, the better for the school — but more important is to protect the historic significance of the site."

But Chu wants more than a commitment — he wants cemetery-protected status for the non-white gravesites on the lot, and an apology from authorities.

Wendy Harris lives in Burnaby near the school and has researched the site's history extensively ever since she learned it was a graveyard. She echoed Chu's concerns about the public being "misled" by the inaccurate B.C. map.

"Wherever they move it, they're still going to be moving it onto a cemetery," she told Metro.

"The whole site is cemetery — the original cemetery was 32 acres.

"They're just recreating exactly the same scenario as what happened in the 1940s. It was systematically desecrated then by people who wanted to develop it, and that is what people want to do now."

Chu is planning what he called a "symbolic reconstruction and reclaiming" of the historic non-white cemetery site at 10 a.m. Saturday at the east corner of 8th Street and 8th Avenue in New Westminster.

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VANCOUVERING

How much do you pay for child care?

As Vancouver parents compete for limited spaces, the sky's the limit for ever-rising costs of daytime supervision

CAFÉ POLITICS

Jen St. Denis
Metro | Vancouver

Vancouver families are struggling with a supply and demand child care conundrum — too few spaces are pushing fees into the stratosphere.

Currently 75 per cent of families who need child care are going without, said Pam Preston, executive director of Westcoast Child Care Resources. The cost of housing is one factor limiting the creation of spaces, especially in home daycares.

But the competition for scarce spots also means that home daycare providers are able to charge higher and higher fees.

"There is a lot of opening and closing, and when they close they tend to move out of the city," said Preston of both licensed home daycares (up to seven children) and unlicensed home daycares (up to two children).

"But the other trend we are seeing is that what is happening is that fees are going up."

Fees are going up by around two per cent a year for all categories of child care, including licenced group daycare centres. For children aged 18 months to three years, fees for group centres in 2016 average $1,370 a month; for licence-not-required home daycares, the average was $$1,157 a month in 2015. Up to date figures are not yet available for licenced home daycares.

Those are average fees, but for Preston, the upper range of the fees are shocking: some parents are paying as much as $2,125 a month for a group centre, and as much as $1,910 for a home daycare. (Figures are for the 18 month to three years age range.)

"I think in family childcare, they look at the rate that the group childcare programs are charging and they think that they can charge the same," Preston said, noting that home-based daycare providers are not paying the extra overhead of staff wages and other costs that group centres must cover.

"The parent is in a bad supply and demand situation."

As tight as the daycare situation is, Preston said a City of Vancouver bylaw is making it even more difficult for new home daycares to open. The city requires all buildings being used as daycares — even houses — to have sprinkler systems, a more stringent requirement than what is in place in other municipalities.

"This issue alone has stopped people from going ahead and opening their licensed family care homes," Preston said.

The city works with home daycare providers to meet the requirement, said Pat Ryan, chief building official with the City of Vancouver, but sprinklers are important in reducing fire deaths.

While cutting red tape might seem like a solution to the limited number of spots, a recent move by the province to reduce the amount of outdoor play area needed for daycare — from seven square metres per child to six square metres — is being panned by child care advocates.

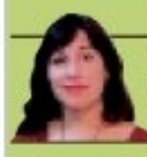
Rather than lowering standards, governments should adopt a comprehensive child care system that ensures all children have access to safe care, said Sharon Gregson, an advocate for a $10 a day daycare system for British Columbia, which would be structured more like the province's public education system.

with icons by **Danielle Vallée** from the noun project

VANCOUVER TRENDING

PRIDE OF PLACE

Reclaiming public space



Amy Logan
For Metro | Vancouver

Passersby stop to watch an impromptu jazz concert under the Cambie Street Bridge, neighbours chat while perusing books at an outdoor micro-library, children play with oversized chess pieces on a Mount Pleasant boulevard.

Vancouverites are taking an increasingly active role in place making, a community-based approach to the design and use of public spaces.

Nate Storring, communications associate at Project for Public Spaces noted that place making has "community-based participation at its centre."

The place making process often begins with neighbours getting together to brainstorm, plan and initiate grassroots urban actions. From small-scale projects like reimagining a traffic circle as a mini park to larger initiatives like Robson's car-free 800 block where people gather under brightly coloured umbrellas to lounge and eat lunch, the concept is gaining momentum in Vancouver.

Vancouver's relative youth means it has "opportunities to experiment," said Andrew Pask, founder and director of the Vancouver Public Space Network (VPSN).

It also has a fairly "diverse land-base," allowing for unique uses of public spaces and a diverse range of communities and cultures, each offering a fresh viewpoint, he said.

"Place making, as a process, is about making public spaces meaningful and enjoyable — imbuing them with the sorts of things that support public gathering — whether it's art, seats and benches, food trucks, play spaces for kids, or other events," said Pask.

Recent VPSN projects include an annual Halloween SkyTrain Party, long table lunches in public spaces, create-your-own adventure literary strolls, downtown surveillance camera mapping, and a design competition for a new public square.

As Pask noted, from the recent Mural Festival in Mount Pleasant , to the reimagining of places like Jim Deva Plaza, Robson Square and the Art Gallery plaza, Vancouver has a " thirst for livelier spaces, a desire to see change."

"Place making plays a critical role in community building. Public space is the 'glue' that holds cities together. It's the place for gathering, celebration, recreation, and local democracy," said Pask.

As for the future, Pask advocates finding better ways to activate public spaces during the rainy winter months; better programming and management that encourages year-round use; and active programming for underutilized spaces.

Vancouver plays host to Place Making Week from Sept. 12th until the 17th, featuring hundreds of global activists, practitioners and policy makers.

The space beneath the Cambie Street Bridge boasts a sidewalk mural, Adirondack chairs and a public piano.
AMY LOGAN/FOR METRO

talk about **fresh solutions**

Grilled Scallops with Melon, Cucumber and Avocado Salsa

Prep Time: 10 minutes | Cook Time: 5 minutes | Makes 4 Servings

Ingredients

1 cucumber, seeded and cubed

1 avocado, cubed

½ pound (225g) honeydew melon, cubed

1tbsp (15 mL) extra virgin olive oil

1 lime, juiced and zested

1 tbsp (15 mL) fresh basil, finely chopped

Kosher salt and black pepper, to taste

1 package **Western Family** small scallops

1 tbsp (15 mL) canola oil

Directions

1. Combine cucumber, avocado, melon, extra virgin olive oil, lime juice and zest and basil in a medium bowl. Season to taste with kosher salt and ground pepper.

2. Heat a griddle pan to moderate to high heat. Season the scallops with salt and brush with oil. Grill for 2 to 3 minutes and turn. Grill for another 1 minute and remove from heat. Serve immediately topped with salsa.

Tip: Substitute scallops for prawns.

save on foods

VANCOUVERING

with icons by **Danielle Vallée** from the noun project

Get a leg up on the Arbutus Greenway

Plan is for paved path to stretch from Marpole to False Creek

FRESH AIR

Graeme McRanor
For Metro

The Arbutus Greenway is a rocky path that divides Vancouver's west side.

I wanted to hike the corridor while still wild — before it's overrun with Tripadvised tourists, toked-up teens and temporary paths.

But then the City of Vancouver decided to pave it. So I hastily arranged a day-trip and embarked on my trek from the mighty Fraser River to Granville Island without any planning, much like that aforementioned asphalt path, which is now on hold after some folks, ahem, complained.

I left my laneway house on the cusp of Shaughnessy (Ed. note: Marpole) and walked to the starting point at the north end of the Arthur Laing Bridge near the headquarters for MacLure's Cabs.

Oh, nature, you minx.

The hike starts off pretty easy and runs past Vancouver Montessori, my son's old elementary school. The students maintained a small trackside garden here before some big corporate meanies razed it. Guess kids don't need their vegetables, after all.

For some folks, the hill that leads to Shaughnessy will be taxing. But things flatten once you get there. It is eerily quiet here, though trying to assess why would be pure speculation. No matter. I enjoyed the solitude.

Graeme McRanor takes a walk along the Arbutus Corridor. SUZY PATRICK/FOR METRO

What's not so peaceful are the "river" crossings along the way. Here, one must be cognizant of wildly unpredictable automobiles. And be wary of cyclists, too, some of whom can be hostile. Do not rely on stop signs, which are mostly ineffective. At major crossings, use the light at the intersection.

My pace picked up on the paved section of the path between West 16th and 33rd. Blacktop was wider than I'd expected, and offers generous views of some of Vancouver's nicest teardowns.

There's not much of an elevation gain on the path, though the rents in Kitsilano are shockingly high. In fact, that's why I moved to my new neighbourhood which, now that I'd reached False Creek, beckoned me back.

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Couple marries on SkyTrain

ROMANCE

Guests, band celebrated where the pair met 3 years ago

Wanyee Li
Metro | Vancouver

The SkyTrain may not be the most romantic place during rush hour but for Jeff and Nathaly Nairn, there was nowhere else they would rather be on their wedding day.

The lovebirds tied the knot on a SkyTrain Thursday afternoon in honour of the way they met by chance on public transit three years ago.

"It was amazing, fun, loud, exciting. We had a band come and join us on the train, it was fantastic," said Jeff.

The couple met on the Canada Line three years ago, with Nathaly making the first move.

She stepped onto the train and spotted her future husband sitting two rows away.

"Jeff looked familiar from somewhere and I said, 'Hello, I think I know you,' and struck up a conversation," she told Metro.

It turns out the two had previously crossed paths while Nathaly was working at the Four Seasons Hotel.

The couple said they are thankful they took the time to look around that fateful September day when they happened to ride the same train.

"We made a decision that morning not to keep our noses in our iPhones and to just look around and enjoy the day," said Jeff.

More than two years later, he got down on one knee and asked her to marry him.

The couple already had an idea for their wedding, something they came up with long before the engagement was official, said Nathaly.

"It was a joint idea. We thought, wouldn't it be fun?"

An email to TransLink and eight months of planning later, the couple and 40 guests piled into a SkyTrain car for the big day.

"They have been very kind to allow for this moment to come full circle," Nathaly said about TransLink's involvement.

It's the first time a wedding has been officiated on a SkyTrain, according to a TransLink spokesperson.

The ceremony took place on a track different than the one commuters usually use to ensure no one crashed the wedding.

But nothing could take their attention away from each other, said Nathaly.

"I married the man of my dreams today, that is the most important thing. It could have been in my house, in my backyard and I would have been just as happy."

Nathaly and Jeff Nairn pass through the fare gate at Waterfront Station after getting married on a SkyTrain Thursday. The couple was the first to be married on a SkyTrain.
JENNIFER GAUTHIER/FOR METRO

> We made a decision that morning not to keep our noses in our iPhones and to just look around and enjoy the day.
> Jeff Nairn, about the day they met

Friday, August 26 to Thursday, September 1, 2016

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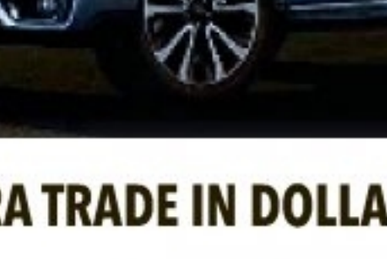
S16837	 S16492	S16749
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These recycling bins in Vancouver's West End were designed in partnership with Emily Carr University and the City of Vancouver. JENNIFER GAUTHIER/METRO

New recycling bins revealed

WEST END

Nine-month pilot involves 31 recycling stations

Wanyee Li
Metro | Vancouver

Visitors in the West End are now encouraged to sort their garbage the same way Vancouver residents do at home — into paper, compost, containers and garbage.

The city and Multi-Material BC (MMBC) unveiled 31 recycling stations Thursday as part of a nine-month pilot project with the aim of reducing the amount of waste that goes to the landfill.

It's the first on-street recycling program in region, according to Allen Langdon, managing director at MMBC.

"It's really a chance to test out the concept of on-street recycling," he said. "Our hope is people do the right thing."

MMBC will collect data during the pilot project to help it decide whether to expand the program to other neighbourhoods, said Langdon.

"We'll also do some behaviour studies to see why people do certain things. Why people put things in the right bin, why people put things in the wrong bin."

The bins were designed in partnership with Emily Carr University and the City of Vancouver.

The pilot program is being run at no additional cost to the city, according to Chris Underwood, manger of solid waste strategic services.

"It's being absorbed in our regular budget," he said.

"It's all part of our street cleaning program."

MMBC provides recycling services to cities and is funded by producers of paper and packaging.

SORT IT OUT

What goes in which bin:

- **Green:** Food, napkins and paper take-out boxes
- **Blue:** Hot and cold drink cups, bottles and plastic take-out boxes
- **Yellow:** Flyers, coffee sleeves, newspapers
- **Garbage:** Everything else

INSURANCE

ICBC to seek 4.9% rate hike due to crash, injury increases

The Insurance Corporation of British Columbia will seek a 4.9-per-cent hike to its basic auto insurance rates, but a company official warns the increase could have been much higher.

The corporation has submitted its application to the B.C. Utilities Commission, with interim approval expected in early September, covering rates effective Nov. 1.

ICBC estimates the increase will add about $3.50 per month to the cost of basic insurance. A 2.8-per-cent increase is also proposed for optional insurance rates, such as comprehensive coverage that applies to everything from theft and vandalism to vehicle damage caused by an earthquake or a falling tree.

The corporation estimates customers who buy optional, extended third-party liability, plus collision or comprehensive, should expect to pay an additional $5 per month, if the utilities commission approves the application.

Mark Blucher, the corporation's president and CEO, said a number of factors are behind the application for a rate hike.

"It's the rapid increase in the number of crashes, it's more vehicle damage and injury claims being reported and that's being compounded by higher vehicle repair and injury claims costs," said Blucher.

Vehicle damage claims were also up 11 per cent while the number of crashes across British Columbia has climbed by 15 per cent since 2013, to 300,000 last year.

THE CANADIAN PRESS

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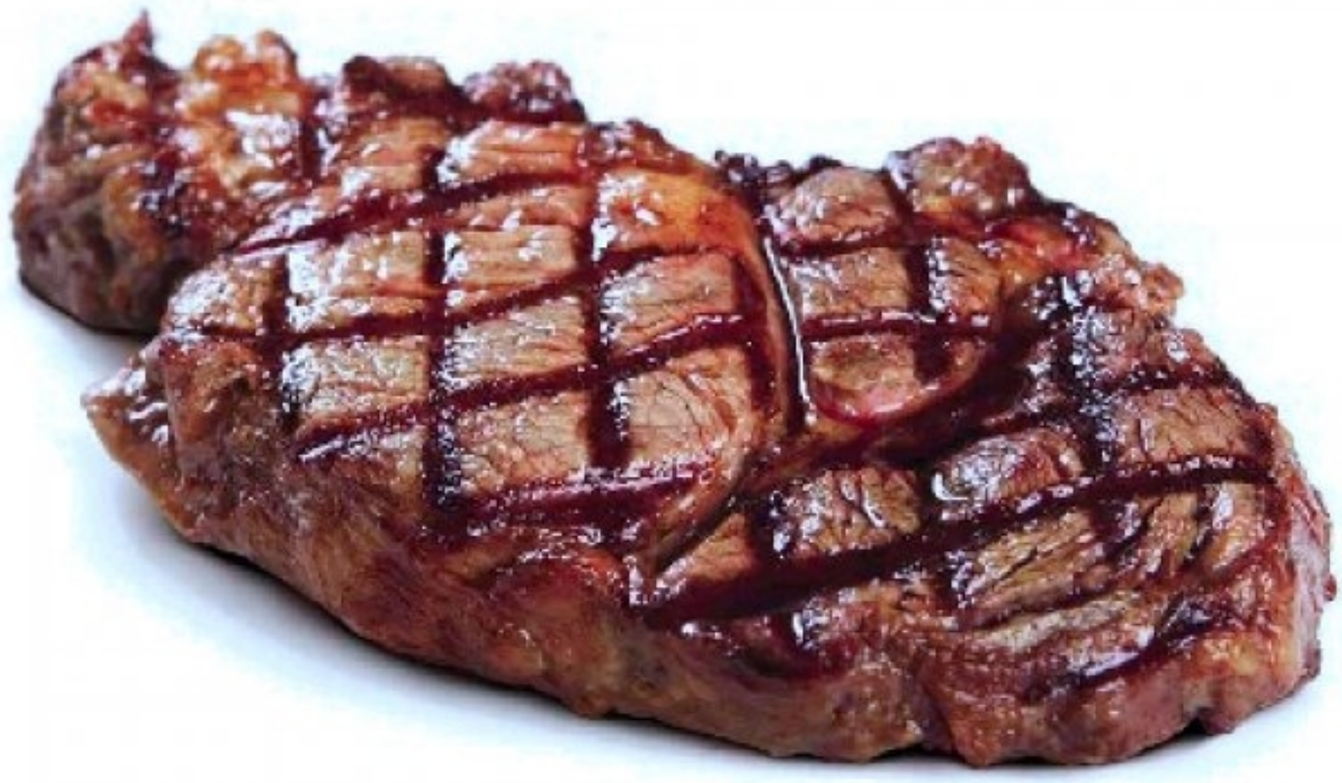

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Fentanyl pills are believed to be behind the recent rise in overdoses. THE CANADIAN PRESS

Spike in overdoses at injection site

DRUGS

Fentanyl suspected as 26 people OD in two days

Drug overdoses have risen dramatically this week at Vancouver's supervised injection site as workers report noticing an unknown substance has appeared on the streets. There were 26 overdoses in and around Insite over the two days between Tuesday and Thursday mornings, almost half of which took place during a 24-hour period beginning Wednesday morning.

"The staff that have been responding to the overdoses in the injection room are noticing that there's a substance that is quite different in characteristics that they haven't seen before," said Neil Arao, a manager at Insite.

"They're saying it's more beige in colour and more of a fine powder." Arao said workers believe the substance is heavily laced fentanyl, based on the surge in overdoses.

The first 24-hour shift that started Wednesday morning is part of a pilot project Vancouver Coastal Health Authority launched in response to the region's opioid crisis and it is intended to continue for up to six months. The program will see the facility remain open around the clock from Wednesday to Friday once a month when income assistance payments go out, which it said is associated with increased drug activity.

So-called welfare Wednesday came a day early this week, with cheques going out on Tuesday. The usual number of overdoses on the day social assistance is distributed is six to seven, he said, far less than this week's 14 on Tuesday and 12 on Wednesday.

> **They're saying it's more beige in colour and a more fine powder.**
> Insite manager Neil Arao on the unknown substance

He said Insite staff have mixed feelings about the incidents. "On the one hand, I think we're really thankful to be able to participate and contribute to the services at Insite and providing that safe-injection site," Arao said.

"On the other hand, it is alarming that these numbers are spiking." Carrie Stefanson of Vancouver Coastal Health said no one died and the reason for the spike in overdoses is still unconfirmed.

The typical number of visits to Insite in standard 18-hour day is 700. There were 692 visits in the 24-hour period from Wednesday to Thursday.

British Columbia's chief medical officer declared a state of emergency earlier this year following an increase in drug overdose deaths, many of which were linked to the dangerous opioid fentanyl.

The most recent statistics released by the coroner's service showed that deaths across the province dropped slightly in July compared with previous months.

There were 433 deaths recorded between Jan. 1 and July 31, a nearly 75 per cent increase compared with the same period in 2015. THE CANADIAN PRESS

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PUBLIC SAFETY

Lone wolves are main terror threat: Report

The main terrorist threat on Canadian soil remains lone wolves or small groups inspired by ideology to carry out attacks, a new public safety report states.

The 2016 report on terrorist threats to Canada drew a distinction between attacks "inspired" by extremist ideology versus those "directed" by terrorist organizations abroad.

"As with the 2014 attacks in Canada, an individual or small group can be inspired to carry out an act of violence … with little or no warning," states the report, released Thursday morning.

"Such attacks can target areas with limited or no security, including crowded public places and public transportation. Even small-scale terrorist attacks have significant psychological and economic impacts."

The October 2014 attacks in Saint-Jean-sur-Richelieu, Que., and Ottawa seem to fit the "inspiration" category — as does the attempted attack foiled by authorities in Strathroy, Ont.

Aaron Driver was shot dead by police after the FBI tipped off Canadian authorities that the 24-year-old, who was on a peace bond due to a suspicion he was connected to terrorist groups, planned to attack a major urban centre with a homemade bomb.

Public Safety Minister Ralph Goodale said Driver's plan shows the need for "continued vigilance."

The report comes as the Liberal government prepares to review Canada's national security framework.

TORSTAR NEWS SERVICE

TORONTO

Crossbow attack leaves three dead

Three people suffering from what appeared to be wounds from a crossbow were pronounced dead Thursday in an incident that rocked an otherwise quiet east-end neighbourhood, Toronto police said.

An injured fourth person — a 35-year-old man — was taken into custody.

The victims were found in the driveway of a bungalow by officers who responded to a stabbing report in the early afternoon.

"Indications were that (a) person had been stabbed — their injuries were fairly serious," Const. David Hopkinson said.

"When officers arrived, they found that person and two others suffering from injuries from what we believe to be a crossbow bolt."

Two of the injured were without vital signs and officers immediately began live-saving measures but the two men and a woman were pronounced dead a short time later.

A crossbow was found nearby on the floor.

Police, who immediately swarmed the area, were not looking for any suspects, Hopkinson said.

Const. Jennifer Sidhu said other "things" found in the area that could have been used in the incident.

Police blocked off streets and cordoned off an area around the home as they investigated. Numerous police and paramedic vehicles were at the scene and what appeared to be blood was visible from aerial footage shot by local TV station CP24 on a bungalow's driveway on the tree-lined street.

THE CANADIAN PRESS

Prime Minister Justin Trudeau heads to the beginning of a caucus meeting in Saguenay, Que., on Thursday. THE CANADIAN PRESS

PM urges Liberals to focus on growing middle class

SAGUENAY, QUE.

'We need to look 40 years down the road,' Trudeau says

Prime Minister Justin Trudeau warned his Liberal MPs on Thursday to resist resting on their laurels now that they have formed government, and to avoid becoming too distracted by the daily ups and downs of life in politics.

"We should be proud of what we've accomplished, but never satisfied," Trudeau told the national Liberal caucus, which gathered in Saguenay, Que., to hammer out the legislative and political agenda before returning to Parliament Hill next month.

"I know that it's easy to get caught up in the day-to-day, but let's never forget why we are all here in this room — to help the middle class and those working hard to join it."

The prime minister said that vision applies not just for the rest of the year, nor even the rest of the majority Liberal mandate before the 2019 election.

"As a government, we need to look 40 years down the road, not just four. To the next generation, not just to the next election. Because when a government takes that long view, it can deliver extraordinary results for Canadians," he said.

The fight against climate change is one particularly "daunting challenge" that lies ahead, Trudeau noted.

Thursday's long-game reminder from Trudeau also comes after a rough few days of negative attention over expensive mistakes by some rookie ministers, such as the thousands Health Minister Jane Philpott spent to be chauffeured around in a luxury vehicle owned by a Liberal volunteer.

The caucus retreat is a way for Liberal MPs to reconnect after the summer away from Ottawa, but also to get updates from cabinet ministers on their legislative plans for the fall. THE CANADIAN PRESS

+ FEMINISM

- Trudeau has joined a social media campaign urging world leaders to acknowledge that poverty has a disproportionate impact on girls and women. "Women and girls are less likely to get an education, more likely to be impoverished, and face greater risk of disease and poor health," Trudeau wrote in a letter.
- The letter was crafted in response to a call from the ONE Campaign, which promotes maternal and child health projects in developing countries.

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Canadian among quake victims

NATURAL DISASTER

Canada's Italian community looking into recovery efforts

A Canadian citizen was killed and another injured when an earthquake struck a mountainous stretch of Italy on Wednesday, leaving 250 people dead and thousands homeless, Global Affairs Canada said.

"I was extremely saddened to see the tragic loss of life following the devastating earthquake in central Italy, which now includes the death of a Canadian citizen," Foreign Minister Stéphane Dion said in a statement Thursday.

"We share in the grief of the lives cut short by this terrible event."

The foreign affairs department did not release the name of the victim, citing privacy concerns.

The 6.2-magnitude quake struck at 3:36 a.m. Wednesday, injuring at least 365 people and reducing four historic towns in the Appenine Mountains of central Italy to rubble. It was the deadliest earthquake to hit the country since 2009, when a seismic shift shattered L'Aquila — less than 100 kilometres from this week's devastation — killing more than 300 people.

Officials say 72 Canadians were registered as being in the area when the earthquake struck, though they did not say whether any Canadians are missing.

Vaughan resident Sam Ciccolini, 72, returned from the region less than two weeks ago, strolling the narrow streets of villages now smothered in concrete rubble and debris.

Ciccolini says 48 family members live in a mountain village 100 kilometres southeast of the quake's epicenter.

"At 4:30 a.m., I get a What'sApp from (my niece) saying, 'There's an earthquake outside our hometown. We are all scared for the aftershocks, but no destruction yet,'" recalled Ciccolini, who grew up in central Italy.

"As soon as day broke and the aerial shots were coming in, I said, 'Oh my god. Entire towns.'"

Ciccolini is the vice-chair of Villa Charities, which helped raise money following the 2009 earthquake in L'Aquila and funded a new community centre.

Emergency workers on Thursday search the rubble of a building destroyed during an earthquake in Amatrice, Italy. GETTY IMAGES

Bob Sacco, president of the National Federation of Canadian Italian Business and Professional Associations, says that while it's still early, his organization is looking at options to support recovery efforts.

"I got a lot of calls from our chapters in Montreal and various chapters across Canada that basically said, 'How can we help?' The first step is really to figure out who the right people are to have an idea and do an effective plan," he said.

Seven years ago, Sacco was involved in the Abruzzo Earthquake Relief Fund, which raised $2 million for a new medical research facility at the University of L'Aquila. Another $400,000 was donated to the Red Cross.

"The Italian community stepped up to the plate when that happened there, and I'm sure they'll do that this time as well," Sacco said.

The four towns and villages hit hardest were Amatrice, Pescara del Tronto, Arquata del Tronto and Accumoli. All have medieval roots with centuries-old buildings.

Constantin Christopoulos, professor of civil engineering at the University of Toronto, said the proximity of the quake's epicentre to the villages and towns affected played a big role in the devastation, on top of sheer magnitude.

"The closer the epicenter to the populated areas, the more damage that we see," Christopoulos said, noting the four communities sat within 12 kilometres of the seismic source.

"Many of the buildings that we're seeing on TV — some of these look like older stone and unreinforced masonry construction — were not designed to withstand earthquake loading and are therefore prone to damage," he said. TORSTAR NEWS SERVICE

FRANCE

Burkini ban faces rights challenge

France's highest administrative authority is studying whether local bans on full-body burkini swimsuits are legal, amid growing concerns in the country and abroad about police forcing Muslim women to disrobe.

Images of uniformed police appearing to require a woman to take off her tunic, and media accounts of similar incidents, have elicited shock and anger online this week. Some fear that burkini bans in several French towns, based on a strict application of French secularism policies, are worsening religious tensions. Divisions have emerged in President Francois Hollande's government over the bans, and protests have been held in London and Berlin by those defending women's right to wear what they want.

Critics of the local decrees have said the orders are too vague, prompting local police officials to fine even women wearing the traditional Islamic headscarf and hijab, but not burkinis. The bans do not use the word "burkini" but forbid in a general way clothing that is ostentatiously religious.

Prime Minister Manuel Valls said on BFM television on Thursday that burkinis represent the "enslavement of women" and reiterated support for the bans — but urged police to implement the bans fairly and respectfully.

Two human-rights groups, arguing the bans are discriminatory, appealed to the Council of State. The council held a hearing Thursday and is expected to issue a ruling on Friday. The ruling specifically concerns a ban in the Riviera town of Villeneuve-Loubet, but the decision will be binding and set a legal precedent.

THE ASSOCIATED PRESS

Australian-Lebanese designer **Aheda Zanetti** holds up her burkini swimsuits. AFP/GETTY IMAGES

SYRIA

Rebels to surrender suburb of Damascus

After four years of gruelling bombardment and crippling siege, the remaining residents and rebels of a Damascus suburb agreed to surrender and evacuate under the terms of an agreement reached Thursday, Syrian government and opposition activists said.

The surrender of Daraya is a success for President Bashar Assad's government only a few kilometres from his seat of power, removing what has been a persistent threat to the capital and strategic military bases nearby.

"No one will remain," said Hussam Ayash, a Daraya activist and member of the town's local council. "We are being forced to leave, but our condition has deteriorated to the point of being unbearable.

"We withstood for four years but we couldn't any longer," he said, in tears.

Daraya has been besieged for nearly four years, with only one food delivery by the United Nations allowed to reach the district during this time.

THE ASSOCIATED PRESS

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Cold brews hot sellers for coffee, tea chains

FOOD AND DRINK

David's Tea, Starbucks brew up icy drink growth

A cold front is moving into the already saturated regular coffee market in Canada, thanks to younger consumers.

"There's no real growth in hot coffee. It's all been done, so the cold beverage market is the evolution for these chains," Doug Fisher, a longtime food service industry analyst, notes.

According to research firm NPD Group, iced coffee has seen a 16.9 per cent growth in sales at "quick service" or fast food restaurants in Canada in the 12 months ending June 2016.

And the cold category's popularity is no longer limited to the steamy summer months either.

"We have seen an increased shift in consumer preference from hot to cold throughout the whole year," says Mary Graham, vice president, category brand management, Starbucks Canada.

Cold drinks are the hottest thing out there now for the big players. CONTRIBUTED

The java giant has enjoyed a 30 per cent growth in sales over the last two years of all things chilled, from their Frappuccino and new Cold Brew to their Teavana line of products.

McDonald's is also seeing strong iced coffee growth of 23.4 per cent at its McCafé counters over the last year.

Starbucks' iced tea business in Canada has grown 41 per cent since August 2014.

Approximately 85 per cent of tea consumed in America is iced, according to the Tea Association of the U.S.A. With this in mind, Montreal-based Davids Tea is brewing up a rapid expansion in the U.S.

The Tea Association of Canada says frequent innovation and constant marketing of new products have helped keep tea top-of-mind for consumers, especially millennials, who are more likely than older generations to drink the beverage.

TORSTAR NEWS SERVICE

COLD FACTS

- **16.9 per cent** growth in iced coffee at fast food joints in Canada over the last year
- **30 per cent** growth in icy drinks at Starbucks in last two years
- **23.4 per cent** growth in iced coffee segment at McCafés in Canada
- **85 per cent** of tea consumed in the U.S. is iced

MCDONALD'S-COLLEGES PARTNERSHIP

McEducation a bad precedent: Union

The Ontario Public Service Employees Union opposes the recent partnership between McDonald's Canada and Ontario's colleges to offer advance placement to the chain's managers who complete some internal training.

OPSEU president Warren Thomas said in a statement that students are the biggest losers of this arrangement, which allows them to bypass the first year of a business or business administration diploma at Ontario's 24 public colleges.

He said employers will value those diplomas less and the students will lose out on high-quality education.

OPSEU — which represents about 130,000 workers in Ontario, including community college employees — called it a chilling precedent of outsourcing the responsibility of public education to private corporations, like McDonald's.

Colleges Ontario president and CEO Linda Franklin said in a statement that the current economy calls for innovative new approaches to strengthen the training of the workforce.

THE CANADIAN PRESS

CANADA POST

Job action notice issued

The Canadian Union of Postal Workers, representing nearly 51,000 Canada Post employees, issued a 72-hour notice of job action Thursday, just hours before a strike mandate was set to expire, but stopped short of a full-blown walkout.

THE CANADIAN PRESS

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BANKING

Big banks' profits grow despite sluggish economy

Canada's big banks have defied predictions that blustery economic headwinds would finally catch up with Bay Street and blow away some of their profit growth.

Four of Canada's Big Five banks have reported third-quarter results this week. They have breezed ahead of analysts' expectations that a low interest rate environment, high consumer debt loads, lower oil prices and generally sluggish economic conditions would limit growth potential.

All four beat expectations by a wide margin.

CIBC, which reported Thursday, saw third-quarter profits soar by 50 per cent to $1.4 billion, driven by the sale of its minority stake in U.S. money manager American Century Investments.

TD said it raked in $2.4 billion, a four per cent year-over-year gain.

RBC reported record net income of $2.9 billion, up 17 per cent from a year ago, partially due to the sale of an insurance business. The bank surprised some analysts by raising its quarterly divided by two cents to 83 cents per share.

BMO, the first of the Big Five to report this week, saw profits grow four per cent to $1.3 billion during the quarter.

Scotiabank is slated to report on Aug. 30,

The performance of the big Canadian banks is seen as a bellwether of the economy because their lending, deposit and capital markets businesses are dependent on how consumers and corporations are faring.

That helps to explain why their U.S. segments outperformed Canadian banking operations in the most recent quarter – the American economy is performing much better.

The strong results were surprising, but some of that may have been due to investor psychology in which bad news is overplayed and good news underestimated, said John Aiken, a banking analyst at Barclays. TORSTAR NEWS SERVICE

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metro SCIENCE

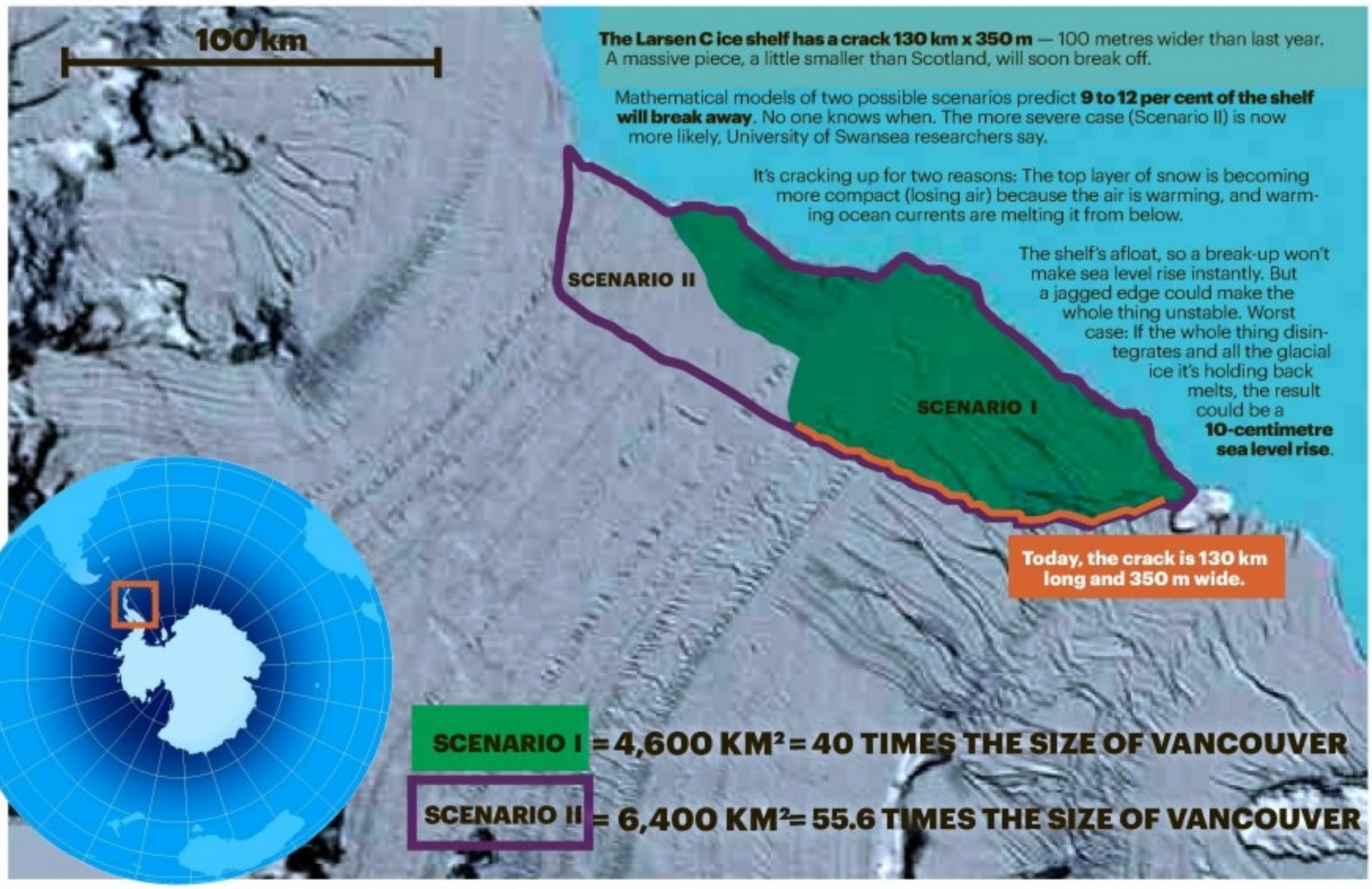
Your essential daily news

A Brazilian study says new tests are needed to make sure sunglasses still offer UV protection after hours of wear in the sun

DECODED by Genna Buck and Andrés Plana

A CHUNK OF ICE THE SIZE OF SCOTLAND

It's literally what happens in the opening scene of the global warming disaster movie The Day After Tomorrow. The massive crack in the 350-metre-thick **Larsen C ice shelf**, which hangs off the northern edge of Antarctica, has grown an unprecedented 22 kilometres since March. **The reason: Climate change. The result: It will break off. And it could be bad.**

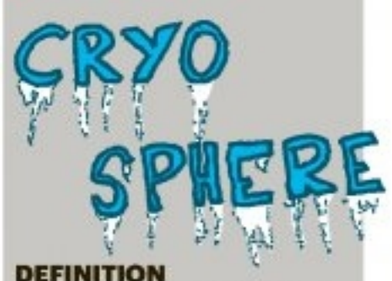


FINDINGS
Your week in science

SQUISHY ROBOT
It's gooey, eight-tentacled, transparent, and about the size of an SD card: **Octobot**, the first robot with no solid parts. A gas-producing chemical reaction makes it move, showing one day robots could mold to their surroundings.

RIVER MARTIANS
If the Curiosity rover had landed on Mars just four billion years earlier, it would have encountered vast, winding rivers. A report in the journal Geology says fossilized riverbeds have been discovered — possibly (who knows!) harbouring fossils of living things — on an ancient region of the red planet's surface.

SOUND SMART



DEFINITION
The **cryosphere** is the sum total of all the ice on Earth, including the continental ice sheets, ice caps, glaciers, areas of snow and permafrost, and sea ice. It's part of the **hydrosphere**, the total of all the water on our planet and in its atmosphere.

USE IT IN A SENTENCE
Deborah's been reading those climate-change denier websites again. She clearly hasn't been paying attention to the recent, radical shrinking of the **cryosphere**.

CITIZEN SCIENTIST by Genna Buck

My massive math miscalculation

Instead of answering a question this week, I have a confession. It's the reason I'm Metro's citizen scientist, and not a real scientist. It's why I'm not a data journalist.

I never took math seriously in high school or university, and I'm paying for it now.

Math and I parted ways in 2007 when I placed the final exam for mandatory first-year calculus on a table covered in all the hair I'd pulled out in the preceding three hours. I suspect the 72 I earned was closer to a 52, because we were graded on a curve.

Not that I knew what "graded on a curve" meant: I blew off statistics too. My program recommended, but did not require it. And far be it from me to do math that was not required.

It felt like cleverly pulling one over on the school. But I screwed myself over, to lasting effect.

High-school stats didn't introduce concepts, such as tests of significance, I need to understand now to report about science. Not that I would have benefited, if it had covered those things: I fudged my way through that class too, earning an A-minus on a final project that probably deserved a D. (Thanks, grade inflation).

I never considered a STEM field, not because I didn't want to, but because I thought I couldn't. Too hard. Too much math.

It was my mistake. But I'd like to foist a bit of blame on everyone who said, "You'll never use this math in real life" in my earshot.

Because, as I've learned the hard way, that is such a filthy lie.

Math is how we decide what's true and false, what's likely and unlikely. When we say we're "informed" about climate change or vaccine safety or dietary fat, we're actually saying we get the math at the heart of these things.

I don't. And I know this blind spot — OK, it's more like a missing eye — could get me in trouble one day. I'm taking AP statistics, an online course designed for bright high schoolers. It's a decade overdue. Not too late, but I do wish I made my education count the first time around.

Science Question? Tweet @genna_buck

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by Jason Logan

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Your essential daily news
MOVIES MUSIC TELEVISION DIGITAL

Statham is always the stoic loner

IN FOCUS

Mechanic: Resurrection continues with beloved brand

Richard Crouse
For Metro Canada

Jason Statham isn't so much an actor as he is a brand.

When you go to McDonald's you know you can expect the two all beef patties, special sauce and the sesame seed bun to taste the same whether you're in Calgary or Hong Kong. It's that kind of brand management that has made Statham a star. You know what to expect from his movies — rippling abs, some high kicking action, his trademarked facial stubble and loads of explosions.

It's a simple formula but one that works for his fans. Perhaps the advertising slogan for his new film, Mechanic: Resurrection should be New, But Still Exactly the Same.

Statham returns to the role of Arthur Bishop, a part originated by Charles Bronson and resuscitated by Statham in 2011's The Mechanic.

The new film finds the actor playing a variation on his Statham Character #1 in which he is a "loner with a past who must protect a loved one," as opposed to Statham Character #2 which is the "loner with a past who must protect a youthful innocent."

As Bishop, he has put the bloody work of professional assassin in the past and is now trying to lead a normal life. When a villain kidnaps the love of his life, however, he must get his hands dirty and return to his specialty, killing people and making it look like an accident.

What Statham lacks in range he makes up for in muscle tone. His well-crafted on-screen persona is equal parts stoic masculinity and lithe athletic ability. He's Charles Bronson (who starred in the original The Mechanic in 1972) with better moves, a man of action and few words in the mould of Clint Eastwood, if Clint had a better roundhouse kick.

In Mechanic: Resurrection, his 38th film since 1998 (and he has at least three more in the pipeline), he doesn't do anything we haven't seen him do before, but no matter, he simply does the things we expect him to do. That's what brands do, and as movie brands go these days he's about as reliable as it gets.

He is either remarkably consistent or just really enjoys playing guys who can break your neck with a steely gaze. Recently, a scientific poll — OK, I posted a question on facebook — posed this question: What makes Statham movies so popular? Here are some of the comments:

- His Blue Steel stare puts Zoolander to shame!
- His complete lack of facial movement? It's like if Buster Keaton were an emotionless British killing machine.
- He always manages to kick someone's butt while being tied to a chair.
- Not since Don Johnson, circa Miami Vice, has an actor managed to maintain a perfect three-day stubble…

Statham's movies are predictable as heck.

"You gotta be kidding me!" you'll be tempted to say at some of the plot twists, if only the movie's characters didn't beat you to it.

They are cliché-a-thons, but because Statham understands his audience and persona his films are dumb good fun. His über-macho presence is more important than the scripts. As long as he is in motion, running and leaping, kicking and punching, and giving voice to action movie platitudes in his distinctive English rasp, his pictures work.

MOVIE RATINGS by Richard Crouse

Don't Breathe	★★★★
Southside With You	★★★
Manhattan Night	★★
A Tale of Love and Darkness	★★★

HOW RATING WORKS	
★★★★	SEE IT
★★★	WORTHWHILE
★★	UP TO YOU
★	SKIP IT

Jason Statham returns to the role of Arthur Bishop in Mechanic: Resurrection. HANDOUT

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Outrage over fresh Jones hack attack

ONLINE HARASSMENT

Investigators launching race and hate probe as site is closed

Department of Homeland Security investigators said Thursday they are looking into the hack of Leslie Jones' website.

U.S. Immigration and Customs Enforcement, part of Homeland Security Investigations, said its New York office is investigating the hack that exposed the driver's license, passport and intimate photos of the Saturday Night Live star, along with hateful and racist images.

Jones' website was taken offline after the hack was exposed Wednesday.

The Ghostbusters actress was also targeted on Twitter last month with a barrage of racial slurs and obscene photos.

Several celebrities supported Jones on social media following the incident. Ghostbusters filmmaker Paul Feig called it an "absolute outrage."

Jones' SNL cast mates also expressed outrage about the hacking. Aidy Bryant said she was "so angry, disgusted and sad about this racist violent assault on Jones." Taran Killam said the hackers are "the worst of humanity, where she is the best."

The celebs' online rallying wasn't enough for Rebecca Carroll, author of such books as Saving The Race and Sugar In The Raw. She said people in positions of power need to "go deeper."

"Where is the practical response to this grotesque, debilitatingly mean-spirited violence?" she said. "It's one thing to offer her digital apologies for others' racism. It's another to actually take a stand to help eliminate it from our society."

Comedian and actress Leslie Jones has been targeted by online trolls since her role in the remake of Ghostbusters attracted racist criticism. RICH FURY/INVISION/THE ASSOCIATED PRESS

Jones briefly quit Twitter last month after facing racial slurs, obscene photos and comments. She called on the social networking service to do more to curb harassment on the platform.

Twitter banned several users, including conservative provocateur Milo Yiannopoulos, the technology editor of the right-wing site Breitbart News. Yiannopoulos initially posted Wednesday on Snapchat that "karma's a (expletive)" but then said "just heard about Leslie Jones" and "ignore that karma thing."

"I was distressed to hear that Leslie Jones had been hacked and naked pictures of her have found their way online," Yiannopoulos said in a statement.

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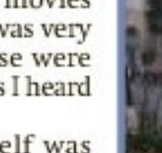
INTERVIEW

Portman sees Israel through her own lens

Actress directs herself in film adaptation of Jerusalem book



Steve Gow
For Metro Canada

Portman's film is the culmination of a decade's work to bring Amos Oz's biographical novel a Tale of Love and Darkness to the screen. It stars Amir Tessler as Amos, an Israeli author who chronicles his childhood growing up in 1940s Jerusalem. SUPPLIED

It took more than two decades before Natalie Portman finally got an opportunity to work with a female director. Coincidentally, that filmmaker just happened to be her.

Making her debut behind the camera, the thespian felt so passionate about turning hit novel A Tale of Love and Darkness into a big-screen drama, she adapted the screenplay, took the lead role and set herself up to direct.

"The relationship between the mother and the son really moved me," said Portman of Amos Oz's memoir about growing up in 1940s Jerusalem.

"Some people have really vivid childhood imaginations of aliens or monsters and that's what they make movies about. For me, it was very much Israel. Those were the kinds of stories I heard growing up."

Portman herself was born in Jerusalem, and the 35-year-old talent has always possessed a curiosity about Israel's earliest days.

In her effort to portray the era with complete accuracy, she even filmed the movie in Hebrew — at the expense of the project's potential commercial viability.

"If you make a bad movie that nobody relates to, I don't think anyone's going to come to it no matter what language it's in," said Portman, who recalls critics also told her Black Swan (the 2010 drama for which she won an Oscar) was ill-fated.

"(People) were like, 'Ballet is for girls and thrillers are for boys so who's going to see your movie?' and it ended up being the most profitable film I've been in, in terms of budget relative to box office," laughed Portman.

"When you make something that has emotional truth, you can connect people in the most meaningful way."

Just as Portman has come a long way since she began acting at age 11, so too has Hollywood, she insists. Already anticipating directing again, Portman is encouraged that female filmmakers may be finally getting their day in Hollywood.

"People are actively looking for female directors now for projects; they're much more excited about female-led projects in terms of financing," said Portman, crediting the media.

"I think it's really a case of journalism leading the charge where I think all the writing about it has really changed behaviour."

CAREER REFLECTION IN HER OWN WORDS

On making a period drama on a budget
"This is obviously a fraction of a fraction of a fraction of a superhero movie budget," said Portman.
"(But) an audience will relate to it in a deep way and I believe in that."

On her commitment to the acting profession
"Acting allows you do these short stints of intense work and take longer breaks," said Portman, insisting she's not forsaking acting for a directing career.
"It would be nice if I had the luxury of continuing to do both."

On overcoming her fear of vanity as an actress
"As a director I was really able to be kinder and gentler with myself just for the utilitarian purpose of needing to make the movie better," said Portman.
"Sometimes I did a good job which is usually hard to admit."

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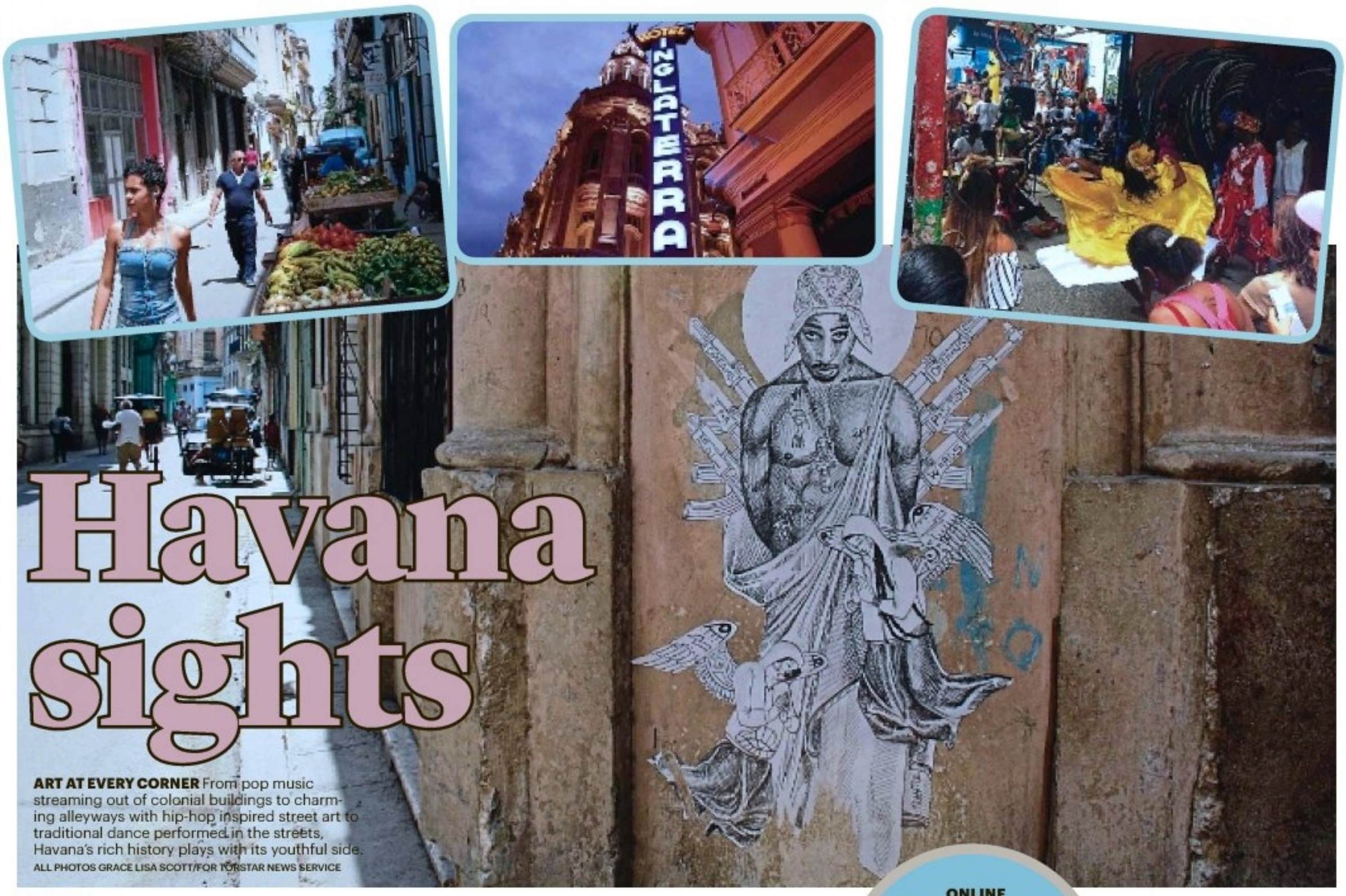
Hip-hop artist Jandro briefly shut down Route 66 in New Mexico with twerking, lowriders



Havana sights

ART AT EVERY CORNER From pop music streaming out of colonial buildings to charming alleyways with hip-hop inspired street art to traditional dance performed in the streets, Havana's rich history plays with its youthful side.

ALL PHOTOS GRACE LISA SCOTT/FOR TORSTAR NEWS SERVICE

CULTURE

Music and art a constant in Cuban capital

Grace Lisa Scott
For Torstar News Service

Old Havana, on a hot Saturday afternoon, is almost more than the eyes can handle.

Along the narrow streets, residents yell from their windows, vendors sell tropical fruit from wooden carts, and restless cab drivers dart in every direction. Among the cacophony and colour, two things remain constant: music and art.

Pop songs pour out of doorways as tenants sit on sidewalks, observing the flow of activity. A stroll on these inner-city sidewalks reveals street art and public installations among the bright colonial façades.

From inside a house beside an 18th-century church, a band practises a heavy electric version of Mark Ronson's Uptown Funk.

This is the vibe in this friendly metropolis, where Cuba's rich history plays well with its youthful side.

A wonderful example of this duality of culture comes in the form of the Gran Teatro de La Habana Alicia Alonso, right across from Parque Central.

Built in the early 19th century, this palatial theatre is just one of the many historical buildings swept up in a wave of restoration throughout Old Havana. It re-opened its doors in January.

The home of Cuba's national ballet, this is the place to catch homegrown performers of a world-class calibre.

Thursday to Sunday, a journey to the central neighbourhood of Vedado is well worth it to wander the artistic labyrinth of the Fabrica de Arte Cubano, or FAC.

A converted warehouse run by the Ministry of Culture, lets visitors roam the multi-use arts space. From 8 p.m. to 3 a.m. there is art, music, movies and cocktails to take in along the way.

A trip to the upper floor reveals a painting and photography exhibit and downstairs an energetic young band called Nube Roja play funk-influenced pop to a packed crowd of dancers.

After a night at the FAC, a worthy mellow Sunday activity is a visit to Callejon de Hamel, a narrow alleyway in Central Havana filled with surrealist sculpture, vivid murals, and barbecue smoke.

The brainchild of Cuban artist Salvador Gonzales Escalona, the painted walls and sculpture park of Callejon de Hamel is an artistic ode to the vibrant African culture of Cuba, and every Sunday afternoon Afro-Cuban rumba bands and traditional dancers perform in the alley for locals, their kids and a smattering of tourists.

Dance, drink and eat an amazing barbecued chicken sandwich prepared in front of customers, all the while feeling like a guest at the coolest Havana block party of the year.

It's certainly easy to enjoy the hustle and bustle of Havana from the comfort of one of its many patios, whiling away the hours drinking mojitos in the sun.

ONLINE
For more information visit GoCuba.ca

And it's a decent option — the Hotel Inglaterra near Parque Central, for instance, is a prime people-watching location.

But a few trips into Havana's cultural scene are too valuable to miss. After all, with all the commotion, what better way to hear the city's heartbeat.

Grace Lisa Scott's trip to Cuba was partially sponsored by G Adventures, which didn't review or approve this story.

IF YOU GO ...

Getting there
Air Canada flies direct to Havana year-round. A cab from Jose Marti International Airport into Old Havana should have a flat rate of roughly 25 CUC ($32.25).

Cash coverage
Cuba has two currencies, the Cuban Convertible Peso (CUC) for tourists, and the Cuban Peso (CUP) for residents. Everywhere you go will the airport or at exchange houses in the city. Plan to travel with cash in Havana, as local businesses don't accept debit or credit cards.

Scenic view of the Nicklaus North Golf Course.
MIKE CRANE/TOURISM WHISTLER

Top-notch tee offs in the mountains of Whistler

BRITISH COLUMBIA

Resort town ranks among best golf spots

Brian Kendall
For Metro Canada

Whistler is a fun-packed town no matter the season.

In winter, skiers from around the world challenge the slopes of a British Columbia village that, together with Vancouver, hosted the 2010 Winter Olympics. Even bigger crowds arrive in summer to golf, hike and savour the mountain scenery.

With three top golf courses within a five-minute taxi ride of town, and another a short drive up the highway, Whistler ranks among the best — and most convenient — golf destinations in North America.

Golf was added to Whistler's tourism mix in 1983 when municipally-owned Whistler Golf Club opened within shouting distance of a colourful, walking-only inner village that includes dozens of restaurants, hotels, shops, bars and outdoor patios.

Designed by Arnold Palmer, this strong layout is set in a serpentine valley dotted with nine lakes and cut by two creeks. Another attraction is the club's charming outdoor patio, an ideal spot to ponder how to spend the rest of your day. Adrenaline junkies might opt for white-water rafting on the Green River, a zip-line trek across Fitzsimmons Valley, or a mad charge down the slaloms of the world's largest downhill bike park.

No one who visits Whistler is ever disappointed by the scenery. I spotted a mama bear and her two cubs during my round at Nicklaus North Golf Course. Slowly building momentum, this Jack Nicklaus-designed layout switches into high gear on a back nine featuring three strong par threes, all of which bring water into play.

With the successful launch of acclaimed courses by Palmer and Nicklaus, golf's two biggest stars, Whistler emerged as one of North America's most talked about new golf destinations.

In 1993, the Fairmont hotel chain unveiled what purists maintain is Whistler's only true mountain course. Unlike the Palmer and Nicklaus designs, which roll gently across the flatlands of the valley floor, Fairmont Chateau Whistler Golf Course is carved through the lower slopes of Blackcomb. During the opening three grinding uphill holes at this Robert Trent Jones Jr. design, golfers experience an elevation change of more than 300 feet.

There's so much going on in Whistler that many visitors never stray beyond the town limits. But it would be foolish for any serious golfer to come this far and not play Big Sky Golf and Country Club, about 25 minutes north in lovely Pemberton Valley.

> **No one who visits Whistler is ever disappointed by the scenery. I spotted a mama bear and her two cubs.**

Sheer-faced and massive, Mount Currie looms like a granite god over a brawny valley design by Bob Cupp defined by twisting creeks and seven lakes. Beware the fourth hole, not coincidentally named Purgatory. Water snakes across the fairway no fewer than four times on this 600-yard par five. Even the end of your stay in Whistler doesn't have to bring a stop to the fun. The drive south to Vancouver along the winding Sea-to-Sky Highway is one of the most picturesque in Western Canada. Just past the historic mining town of Squamish, look on the right side of the highway for a 211-yard par three set on a rocky peninsula thrusting into Howe Sound. That's the signature hole of Furry Creek Golf and Country Club. If time permits, stop and play an outrageous thrill ride of a course that's so difficult it's best not to keep score.

For more golf travel stories, visit Brian's website at canadiangolftraveller.com

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WINE LOVERS GUIDE

GET TO KNOW YOUR GRAPE FARMER

CONTRIBUTED

Knowing where your food comes from shouldn't just be limited to what you eat — it should also encompass what you drink too, according to Tom Gore, the grape farmer behind Tom Gore Vineyards in California.

"It's crazy how the idea of wanting to be as close as possible to where your food comes from has just exploded wherever you go," says Gore. "We do our best to live that farm-to-table philosophy when we grow our grapes."

Tom Gore Cabernet Sauvignon is currently available at B.C. liquor stores — Gore recently took a trip to Vancouver to experience the local wine culture and seafood and see his wines on the shelves.

Farming is essential to our sustenance and a fundamental practice that most people can connect with, he says.

"Most of our ancestors had to grow their own food, so I think we all kind of resonate with that idea of being connected to our food and close to where it is produced," he says. It's one of the ideas that inspired Gore to follow in his father's footsteps and become a wine grape grower.

The farmer's care for the grapes directly contributes to the quality of the wine, he says.

"We wanted to take the story of our wine a little further back to where the grapes come from," he says. "They start from the dirt."

Every year the flavours from the vineyard get expressed in the wine. If you're tasting wines by Tom Gore, you'll be able to taste the California sunshine.

When it comes to food pairings, the farm-to-table philosophy holds strong too, he says.

"We don't have a very harsh winter here, so literally 365 days of the year I can pull food out of the ground and eat it," he says. "Fresh food from the garden makes some of the best wine pairings."

Grilled Fingerlings and Cabernet Ketchup

Serves 8

Cabernet Ketchup:
2 tbsp olive oil
1 medium red onion, chopped
1 tbsp grated fresh ginger
2 cloves garlic, chopped

4 lbs Roma tomatoes, peeled, seeded, and chopped *
2 cups water

1/2 cup Tom Gore Vineyards Cabernet Sauvignon
1/4 cup packed light brown sugar
1/4 cup red wine vinegar

1 tbsp each: celery seed, coriander seed and fennel seed, toasted
1 whole clove

1 tbsp celery salt
2 tsp freshly ground black pepper
1/4 tsp cayenne pepper
Salt, to taste

*Or substitute with 5 cups chopped drained canned tomatoes and use 1 cup of the drained tomato juice in place of 2 cups water. Reduce cooking time to 40 minutes.

1. In large heavy bottomed sauce pan, heat oil over medium-low heat. Add onion; cover and cook about 5 minutes or until soft and translucent. Stir in ginger and garlic; cook for 1 minute.
2. Add tomatoes and water. Bring to boil; reduce heat to a simmer. Cook uncovered until reduced by half (approximately 60 to 70 minutes), stirring often. Purée in food processor or blender until smooth. Pass through strainer to remove any seeds.
3. Place strained tomatoes in clean pan. Stir in wine, sugar and vinegar.
4. Make a bouquet garni, placing toasted celery, coriander and fennel seeds and clove in several layers of cheesecloth and tie with string. Add to pot. Stir in remaining spices.
5. Cook over low heat, stirring often until mixture reaches the consistency of ketchup. Adjust seasoning with additional salt and pepper if desired.
6. Remove from heat and remove and discard bouquet garni. Allow to cool.
7. Cover and refrigerate.
Makes about 3-1/2 cups.

Fingerling Potatoes:
2 lbs fingerling potatoes
1/4 cup olive oil
2 tbsp smoked paprika
Salt, to taste
1/2 cup grated Parmesan cheese

1. Cut potatoes in half lengthwise. Toss potatoes in large bowl with oil. Sprinkle with paprika and salt.
2. Place cut side down on barbecue grill over medium heat. Cook for about 4 minutes per side or until cooked through.
3. Remove from heat and sprinkle with cheese. Serve with Cabernet Ketchup.

CONTRIBUTED

Environmentally friendly farming

Wine is better when it's produced while implementing environmentally sound vineyard management practices. It not only protects and preserves the land, but yields higher quality grapes and consumer peace of mind.

It's a philosophy that starts in the fields, says Tom Gore, the grape farmer behind Tom Gore Vineyards in California.

"We're engaged in a continuous improvement plan where we've come up with what we're going to do next year and how we're going to evolve our farms using sustainable practices," says Gore.

Sustainability is a mindset he and his team bring to all aspects of what they do.

"You have to think about the long-, short- and medium-term impacts of all your decisions, for example what fertilizers are you using and how do they break down? Can you do it with compost and manure? We do a lot of composting," he says.

The company uses minimal drip irrigation to deliver water just to the vines that need it, rather than irrigating the whole crop.

"You conserve water, but you also make better grapes, because you're giving each plant exactly what it needs instead of over-irrigating," he explains. "You want a better product and you want to be as environmentally conscious as possible. I try to incorporate those principles in all the decisions that we make."

GOOD WINE DOESN'T START IN THE BARREL. IT STARTS IN THE DIRT.

THE WORK OF A FARMER

"The care we take growing the grapes really begins the journey of the wine. Tom Gore Vineyards allows me to share my expertise as a farmer with wine enthusiasts, showing how the work in the field shapes the wine's character in the glass."

– Tom Gore, Farmer

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Lulay leads Lions in running down Redblacks

CFL

Backup QB uses his legs to score pair of touchdowns

Travis Lulay is making an impact off the bench for the B.C. Lions.

Lulay rushed for two touchdowns in a backup role on Thursday as the Lions defeated the Ottawa Redblacks 29-23.

THURSDAY In Ottawa

29	23
LIONS	REDBLACKS

The 32-year-old pivot came in on goal-line situations for the Lions, replacing starting quarterback Jonathon Jennings, and scored twice from one-yard out, including the winning score at 12:26 of the fourth quarter.

He then completed a pass for the two-point conversion and the 29-23 lead.

"It's been a few years (since coming off the bench) and I just rely on my experience, I wasn't going to make more of it than it is," said Lulay.

"I had one singular job and that was to gain one-and-a-half yards and the guys up front helped me get that done."

Chris Milo had kicked a 47-yard field goal at 11:14 to give the Redblacks (4-4-1) a 23-21 lead, but they were unable to score on their final possession after turning the ball over on downs.

"At the end of the day the defence found a way to not let them score a touchdown at the end," Lions coach Wally Buono said.

"We won, we controlled them most of the game and I thought we played well enough to win."

Jennings threw for 289 yards and a touchdown for the Lions (6-3), who were able to rebound from a tough home loss to the Calgary Stampeders last week.

Trevor Harris was making his first start since injuring his leg and ankle in a game against Saskatchewan July 22 and threw for 352 yards and a touchdown.

The Redblacks, who have lost four of their last five games, responded to every scoring play by the Lions with one of their own in the first half and went into the break ahead 13-10.

Despite another loss, Redblacks coach Rick Campbell was for the most part upbeat post game.

"We competed hard, we have a lot of guys doing the right things and playing hard, we just have to limit the negatives, and that's whether we're going backwards on offence or helping them stay on the field with penalties," Campbell said.

"Our guys had the right attitude this week but the difference between good teams and bad teams is staying away from the negative things and negative football."

The Redblacks were called for seven penalties and 65 yards. Three of those penalties extended drives for the Lions.

The Lions next play the Argonauts in Toronto while the Redblacks will play their first road game in five weeks when the face the Alouettes in Montreal.

THE CANADIAN PRESS

Lions quarterback Travis Lulay dives into the end zone for one of his two touchdowns against the Redblacks on Thursday in Ottawa. JUSTIN TANG/THE CANADIAN PRESS

> **Last week (against Calgary) we couldn't make a play to get momentum and tonight when we lost momentum we made a play and got it.** Wally Buono

IN BRIEF

Reed doing damage at FedEx Cup playoff opener

Patrick Reed didn't break anything Thursday except par.

Two days after Reed broke the gavel during the ceremonial closing bell at the New York Stock Exchange, the American kept a clean card and shot 5-under 66 to share the lead with Martin Laird at The Barclays, the start of the FedEx Cup playoffs, with a $10-million bonus waiting at the end.

Reed ran off three birdies and an eagle on the front nine to close out his 66 at Bethpage Black.

THE ASSOCIATED PRESS

Team Canada calls on familiar name to wear 'C'

Hockey Canada is going to mine a gold-medal leadership group for the upcoming World Cup of Hockey.

Sidney Crosby will once again serve as captain for Team Canada, joined like he was at the 2014 Sochi Olympics by Jonathan Toews and Shea Weber as alternates.

THE CANADIAN PRESS

Sidney Crosby
GETTY IMAGES FILE

Mother Nature hits hard on opening day

GOLF

First round to resume Friday morning

Stephanie Meadow didn't mind the inclement weather conditions during the first round of the LPGA's Canadian Open on Thursday.

After a lightning delay that lasted nearly three hours, Meadow didn't miss a beat as she birdied her final two holes to take the clubhouse lead at 6-under 66 before play was eventually suspended because of darkness.

South Korea's Chella Choi, who teed off with the afternoon group, is 7 under through 14 holes and will have to finish her first round Friday morning. Karine Icher joined Meadow at 6 under through 14 holes and will also finish Round 1 Friday morning.

Stephanie Meadow GETTY IMAGES

Golfers also had to battle windy, rainy and chilly conditions, which Meadow often endured while growing up in Jordanstown, Northern Ireland.

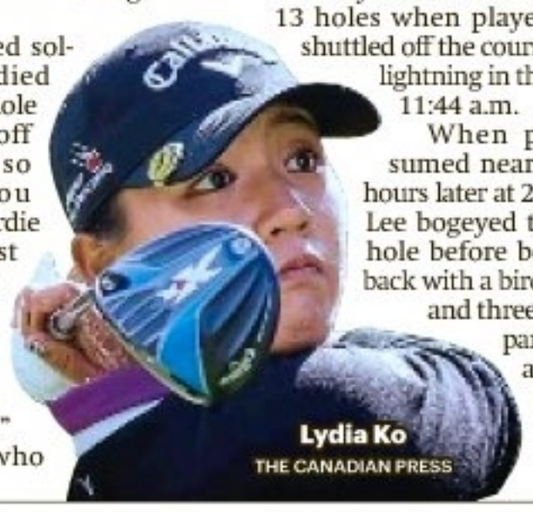
"My caddie always jokes that when it's windy I always play great, so I guess that's kind of my deal," said Meadow, who had seven birdies and one bogey on Thursday. "Being from Ireland, that's just part of it.

"It's nice to know that I can play in those conditions. I've done it a lot, even though it's when I was little, but I've still done it and scored, so I know I can do it."

Choi and Icher return to the course at 7:15 a.m. MT on Friday along with 52 other golfers to finish their rounds.

The group tied for fourth at 67 includes Lydia Ko, the Olympic silver medallist from New Zealand, who is No. 1 in the Rolex women's world golf rankings.

"I played solid — birdied the first hole straight off the bat, so when you make a birdie in the first round on the first hole, it gives you good momentum," said Ko, who has won the Canadian Open in three of the past four years including last year at the Vancouver Golf Club in Coquitlam, B.C., when she beat American Stacy Lewis in a playoff.



Lydia Ko THE CANADIAN PRESS

South Korea's Mirim Lee held the early lead of 5 under through 13 holes when players were shuttled off the course due to lightning in the area at 11:44 a.m.

When play resumed nearly three hours later at 2:40 p.m., Lee bogeyed the 14th hole before bouncing back with a birdie on 15 and three straight pars to card a score of 67.

Mi Jung Hur, also of South Korea, then birdied the 18th hole just after Lee signed her scorecard to pull into a tie for the lead.

Brooke Henderson, the 18-year-old from Smiths Falls, Ont. who is No. 3 in the Rolex rankings, was scheduled to tee off at 1:31 p.m., but didn't hit her first shot until nearly three hours later.

Through 15 holes, Henderson sat in a tie for 46th spot with a host of other golfers at 1 under.

Hamilton's Alena Sharp was one of the golfers who started in the afternoon and was also able to finish her round. She carded a score of 4-under 68 and is tied as the top Canadian with Calgary's Jaclyn Lee, an amateur who ended the night at 4 under through 13 holes.

THE CANADIAN PRESS

Brooke Henderson didn't start her round on Thursday in Priddis, Alta., until nearly three hours after her scheduled tee time. She eventually played 15 holes. DEREK LEUNG/GETTY IMAGES

MLB

Trout gives Jays fits

Mike Trout drove in four runs and Albert Pujols earned his 100th RBI of the season as the Los Angeles Angels downed the Toronto Blue Jays 6-3 on Thursday to win the three-game series.

Trout was 3 for 4 to help the Angels (54-73) out hit Toronto 11-7. Pujols had two hits while everyone else in the Los Angeles lineup reached base at least once.

Jered Weaver (9-11) earned the victory, allowing two runs on five hits through 5 2/3 innings while walking three and striking out four.

Josh Donaldson hit his 29th home run of the season for the Blue Jays (71-56), who missed an opportunity to gain ground over Boston in the American League East standings. Toronto began the night with a half-game advantage over the Red Sox after they lost to Tampa Bay earlier Thursday.

Jose Bautista, reinstated off the disabled list earlier in the day, drove in two runs.

J.A. Happ (17-4) shouldered a loss for the first time since June 6, snapping a streak of 11 straight decisions.

THE ASSOCIATED PRESS

Mike Trout burned the Blue Jays during the Angels' trip to Toronto. GETTY IMAGES

IN BRIEF

Dodgers and Phillies swap backup catchers

The NL West-leading Los Angeles Dodgers acquired Carlos Ruiz from Philadelphia in a trade of backup catchers Thursday, getting a popular player with a world of post-season experience. The Phillies also sent $1 million to the Dodgers for A.J. Ellis, minor league pitcher Tommy Bergjans and a player to be named. THE ASSOCIATED PRESS

South Korea advances at Little League World Series

Seum Kwon had two homers and three RBIs, Sangheon Park struck out nine and South Korea beat Mexico 7-0 on Thursday to advance to the international championship of the Little League World Series.

THE ASSOCIATED PRESS

QB White gets Clemson nod

Sean White will open this season like he finished the last one — as Auburn's starting quarterback.

Coach Gus Malzahn proclaimed White the winner of the three-man race over Jeremy Johnson and junior college transfer John Franklin III after Thursday's practice. White will start Sept. 3 against No. 2-ranked Clemson.

THE ASSOCIATED PRESS

Giants' Cruz to play vs. Jets

Barring an injury, Victor Cruz is going to play for the New York Giants on Saturday in the annual pre-season game against the Jets.

Cruz has not played in a game since his sixth game in 2014. THE ASSOCIATED PRESS

Hola Bravo, adios Hart?

Claudio Bravo backstopped Chile to a second straight Copa America championship over Argentina in June. ELSA/GETTY IMAGES

PREMIER LEAGUE

Man City sign Chilean leaving top England man in limbo

Manchester City has completed the signing of goalkeeper Claudio Bravo from Barcelona for 13.75 million pounds ($18.2 million US) in a move that could spell the end of Joe Hart's decade-long career at the English club.

City announced the arrival of the 33-year-old Chile international on Thursday on a four-year deal.

City manager Pep Guardiola likes his goalkeepers to be good with their feet so they can build up play from the back, explaining his move for Bravo and his decision to drop Hart at the start of this season.

"I have followed City's progress in recent years and obviously know some of my new team-mates from the Copa America," Bravo told the club's website.

"It is not easy to leave a club like Barcelona where I had two fantastic years, but the opportunity to work with Pep Guardiola was too good to refuse."

Bravo played for Colo Colo in his native Chile until 2006, when he joined Spain's Real Sociedad on the recommendation of Xabier Mancisidor, who is now City's goalkeeping coach.

"He has experience and great leadership qualities and is in the prime of his life," Guardiola said. "He is a goalkeeper I have admired for a number of years and I'm really happy he is now a City player."

Hart is England's first-choice goalkeeper and has been a regular for City since 2010, but has been told by Guardiola that he can join another club. Willy Caballero has started ahead of Hart in City's first two games of the Premier League season.

Hart played in City's 1-0 win over Steaua Bucharest in the Champions League playoffs on Wednesday.

He was given a rousing reception by City fans and appeared emotional during and at the end of what could have been his last game for the club.

Speaking afterward, Hart said: "We have a top manager that the club has wanted a long, long time, and he's going to have his opinion on things.

"It's a place I love to be," he added. "But situations occur in football. We're men, we get on with it." THE ASSOCIATED PRESS

Joe Hart GETTY IMAGES

PEP'S HOMECOMING

Pep Guardiola will be heading back to Barcelona after Manchester City was pitted against his former team in the Champions League draw on Thursday.

The two teams play each other on Oct. 19 in Barcelona and Nov. 1 in Manchester.

Borussia Moenchengladbach and Celtic complete Group C.

Pep Guardiola GETTY IMAGES

OLYMPICS

Lochte's Rio legal troubles mount

Brazilian police charged American swimmer Ryan Lochte on Thursday with filing a false robbery report over an incident during the Olympics in Rio de Janeiro.

A police statement said Lochte would be informed in the United States so he could decide whether to introduce a defence in Brazil. The indictment will also be sent to the International Olympic Committee's ethics commission, it said.

"The investigation was concluded on Thursday and Olympic American swimmer Ryan Lochte was indicted for the crime of falsely reporting a crime," the statement said.

A special Brazilian court that has jurisdiction over crimes related to major sporting events is authorized to receive cases straight from the police when lesser charges are involved, without a need for prosecutors.

THE ASSOCIATED PRESS

IN BRIEF

Browns cut bait on Mingo

The Cleveland Browns have traded disappointing linebacker Barkevious Mingo to the New England Patriots in exchange for a 2017 fifth-round pick.

The teams announced the deal on Thursday.

The Browns selected Mingo with the No. 6 pick in 2013. The former LSU standout has recorded just seven sacks in three seasons and spent much of last season on special teams. THE ASSOCIATED PRESS

Avalanche tap AHL's Bednar coach to replace Roy

The Colorado Avalanche announced the hiring of Jared Bednar as their new head coach Thursday.

Bednar replaces Patrick Roy, who abruptly stepped down as coach earlier this month. The 44-year-old Bednar won the AHL's Calder Cup as coach of the Lake Erie Monsters last season. He also won the ECHL's Kelly Cup in 2009 with the South Carolina Stingrays.

THE ASSOCIATED PRESS

PARALYMPICS

Putin says Russian ban is inhumane

Russian President Vladimir Putin attacked the ban on his country from the Rio de Janeiro Paralympics as immoral and inhumane on Thursday, while six Russian athletes launched a bid to compete at next month's games as individuals.

"The decision to disqualify our Paralympians is outside the bounds of law, morality and humanity," Putin said at an award ceremony for Olympic athletes at the Kremlin. He called the ruling against Russia "cynical" and claimed that "it even humiliates those who take such decisions." THE ASSOCIATED PRESS

Vladimir Putin AFP/GETTY IMAGES

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RECIPE Tuna Niçoise Sandwich

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Welcome the weekend with this flavorful sammie combining tuna and egg that get a flavuor boost from olive tapenade.

Ready in 1 hour and 15 minutes
Prep time: 15
Time in fridge: 1 hour
Makes 6 to 8 servings

Ingredients
- 3 Tbsp olive oil
- 2 Tbsp white wine vinegar
- 1 Tbsp dijon mustard
- 2 x 7 oz cans of tuna
- 1/4 English cucumber, sliced
- 1 rustic loaf of bread
- 1 or 2 Tbsp black olive tapenade
- handful fresh basil
- 3 hard-boiled eggs

Directions

1. Whisk together oil, vinegar and mustard until you have a smooth dressing. Drain your tuna well and place it in a bowl. Add 2 tablespoons of the dressing to the tuna and mash it up with a fork and mix well. Toss the sliced cucumber in the remaining tablespoon of dressing and give it a stir.

2. Cut the loaf of bread horizontally and use your fingers to pinch out a good bit (about a cup) of the soft bread inside. Spread a thin layer of tapenade on piece of bread. Place a layer of basil leaves, followed by a layer of sliced egg. Now use a spoon to mound the tuna next. Follow with a layer of sliced cucumber.

3. Place the top of the bread and press down gently. Wrap the whole sandwich in plastic. Put it on a plate and weigh it down with something. Put the whole works in the fridge for at least an hour or overnight so the flavours combine and the sandwich is easier to slice.

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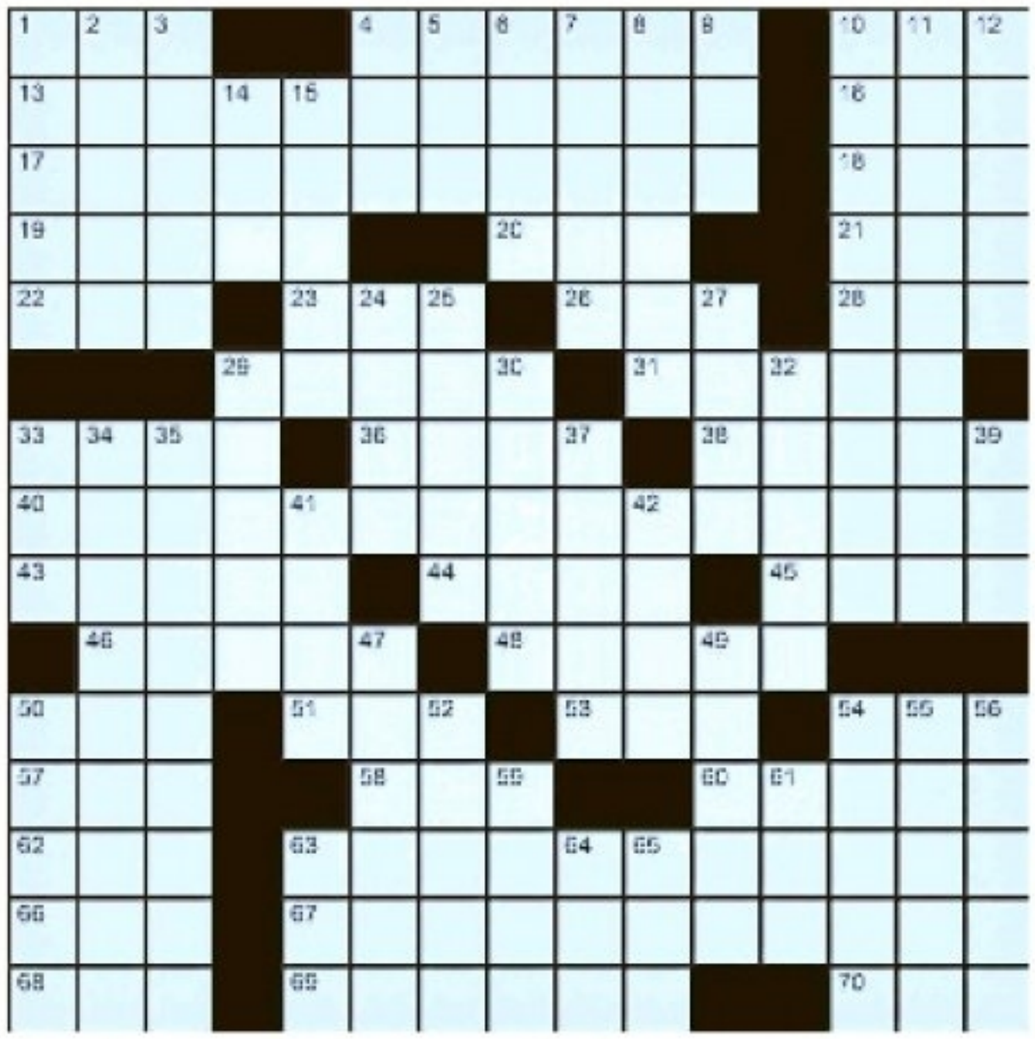
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Sushi tuna
4. Love Grows (Where My Rosemary Goes) by __ Lighthouse
10. TV's modern-day VCR
13. Downtown Toronto shopping attraction: 2 wds.
16. Sundial number
17. What that guy used to climb Trump Tower recently: 2 wds.
18. Cdn. buying network
19. 1985 Power Station hit: "Some Like __ __"
20. Kimono belt
21. Stage hint
22. Lana Del __
23. Performer's agt.
26. Lorne Michaels' li'l show
28. Owns
29. Pepsis
31. Masterpiece displayer
33. 'Mars'-meaning prefix
36. Wk.'s first days
38. Namesakes of Ingrid's Casablanca (1942) character
40. Canadian who anchors her own show on HLN: 2 wds.
43. Mythology: Rarified fluid
44. Way off
45. Prefix meaning 'Within'
46. Garden plant
48. Arctic boat
50. Ms. Winger, to pals
51. Affixed, abbreviated
53. Laboratory subj.
54. Battery size
57. Grand __ Opry
58. "Yuck!"
60. Envelope insertions [abbr.]
62. Irish coronation stone, __ Fail
63. Yeomen Warders protect them: 2 wds.
66. Muscle, e.g.
67. Randy Bachman's Springtime melts the snow... tune: 2 wds.
68. "What did you just say?"
69. Inattentive
70. Irons, symbolically

DOWN
1. Pantheon of Norse gods
2. High, in Hull
3. Mouse on "The Simpsons"
4. __-friendly
5. Comfy room
6. Sudbury landmark, __ Superstack
7. Used-ticket bits
8. 'Live-forever"perennial plant
9. Belonging to Lincoln's li'l state
10. Helps out: 2 wds.
11. Sculpture or photography or ceramics: 2 wds.
12. Lyricist Tim's surnamesakes
14. Prefix meaning 'Ear'
15. Explosive stuff
24. "If all __ fails..."
25. 1963 Billboard chart-topper: "Hey __"
27. Retreat
29. Salmon varieties
30. Debacle
32. Streamlined
33. Marie Claire's friend
34. Saint-Jean-sur-__, Quebec
35. New Wave classic by Martha and the Muffins: 2 wds.
37. Sends e-mail advertising
39. __ Luis, Brazil
41. "Thou __ __ lady." - King Lear
42. Mr. McCormack
47. Metropolitan maison, pied-__-__
49. Comic books scream!
50. Mr. Lundgren of Rocky IV (1985)
52. Wee hours time: 2 wds.
54. The Sign by __ __ Base
55. Carpenters hit: "For __ __ Know"
56. Groups, briefly
59. '39 to '45 conflict
61. Nunavut's neigh.
63. Paramedic's skill, commonly
64. Singer/songwriter Lionel's famous daughter ...her initials-sharers
65. '__' __ for Jasper

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Do what you can to get better organized now. Basically, you want to turn over a new leaf. You want to be on top of your life; you even want to be healthier!

Taurus April 21 - May 21
This is a lovely, playful time for your sign. Slip away on vacation if you can. Romance, the arts and enjoyable activities with children will delight.

Gemini May 22 - June 21
Your attention continues to focus on home, family and your private life. One thing that consumes you now is repairs and redecorating projects.

Cancer June 22 - July 23
This is a busy, fast-paced time for you, so enjoy the next few weeks. Short trips, errands, increased reading and writing plus talking to everyone will keep you on the go!

Leo July 24 - Aug. 23
Money is on your mind now. You have moneymaking ideas; however, you also have ideas about how to spend money. (There are so many beautiful things and fun experiences!)

Virgo Aug. 24 - Sept. 23
You have good fortune in the next few weeks, so make the most of it. Favourable circumstances and important people are attracted to you now. Lucky you!

Libra Sept. 24 - Oct. 23
Work behind the scenes for the next few weeks, because this will feel best. Start to plan ahead what you want your new year (birthday to birthday) to be all

Scorpio Oct. 24 - Nov. 22
Friendships are important to you now. That's why the next few weeks will be unusually social and popular for you.

Sagittarius Nov. 23 - Dec. 21
Because people in authority admire you, expect to be asked to take on increased responsibilities or to do a special job. Don't worry — you will shine!

Capricorn Dec. 22 - Jan. 20
Treat yourself to exciting changes and opportunities to visit different places in the next few weeks, because you need a change of scenery. Grab every opportunity to learn something new.

Aquarius Jan. 21 - Feb. 19
The next few weeks are the ideal time to focus on debt, taxes, inheritances and shared property. Tie up as many loose ends as possible. You will benefit from financial transactions.

Pisces
Feb. 20 - March 20
Get more sleep in the next few weeks. Aside from that, your relations with partners and close friends are excellent!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

3								5
	8	1	2		6	9	7	
				7				
	5						1	
7				4				2
	2						6	
				8				
	6	2	4		9	1	8	
9								4

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YESTERDAY'S ANSWERS

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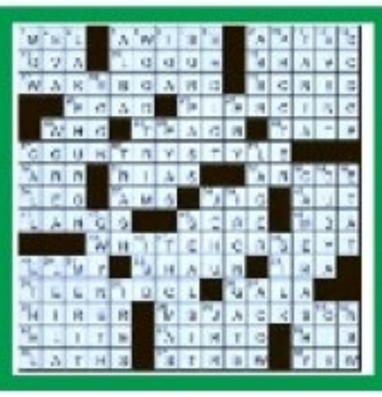

4	6	7	5	2	9	3	8	1
1	9	2	4	8	3	7	5	6
5	3	8	1	7	6	2	9	4
8	5	4	9	3	7	1	6	2
7	2	3	8	6	1	9	4	5
9	1	6	2	5	4	8	7	3
2	7	1	6	9	5	4	3	8
3	8	5	7	4	2	6	1	9
6	4	9	3	1	8	5	2	7

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